



**ELEGANT SURROUNDINGS:** Residents can expect classy touches — such as wooden beds (top), instead of metal ones, and full-length glass windows (right) that look out to lush, landscaped gardens, lending it a posh, condo-like feel.



## Lots of class at this nursing home

**Costing \$27m, it looks more like a condo, with full-length glass windows and nurses' stations 'hidden' away**

By KARAMJIT KAUR

A NURSING home or a posh condominium? From the full-length glass windows to the wooden (instead of metal and steel) beds and furniture, the Peacehaven Nursing Home for the Aged looks more like a private residence than a hospital.

And unlike many other homes where nurses' stations greet visitors, they are well "hidden" at The Salvation Army's Peacehaven.

So are medical equipment and other machines.

To add to the cozy atmosphere, the rooms are called living areas, not wards.

Three rooms have been set aside for couples.

And when residents get tired of being inside, there are beautiful landscaped gardens to stroll in.

There are no visiting hours to make residents feel like they are in a hospital — they are allowed to entertain visitors at any time of day.

Captain Grant Effer, executive director of the home at Upper Changi Road North, said that the idea was to give residents enough privacy and more importantly,

dignity. He said: "Home sweet home. That is what we wanted when we designed and built the place."

He was speaking to reporters at the official opening of the new \$27 million home yesterday.

The Government funded 90 per cent of the capital cost of building and equipping the place. It will also subsidise the operating costs.

So far, 107 of the 339 beds have been taken up. Residents pay anything from zero to \$1,126 a month. Those who stay for free are subsidised by the Government and The Salvation Army.

Close to 70 per cent of the 107 residents are critically-ill or have multiple diseases. Health Minister Lim Hng

Kiang, who officiated at the opening, said voluntary welfare organisations (VWOs) played an important role in meeting the health care needs of the elderly sick.

He also praised The Salvation Army for its dedication and commitment in providing such services.

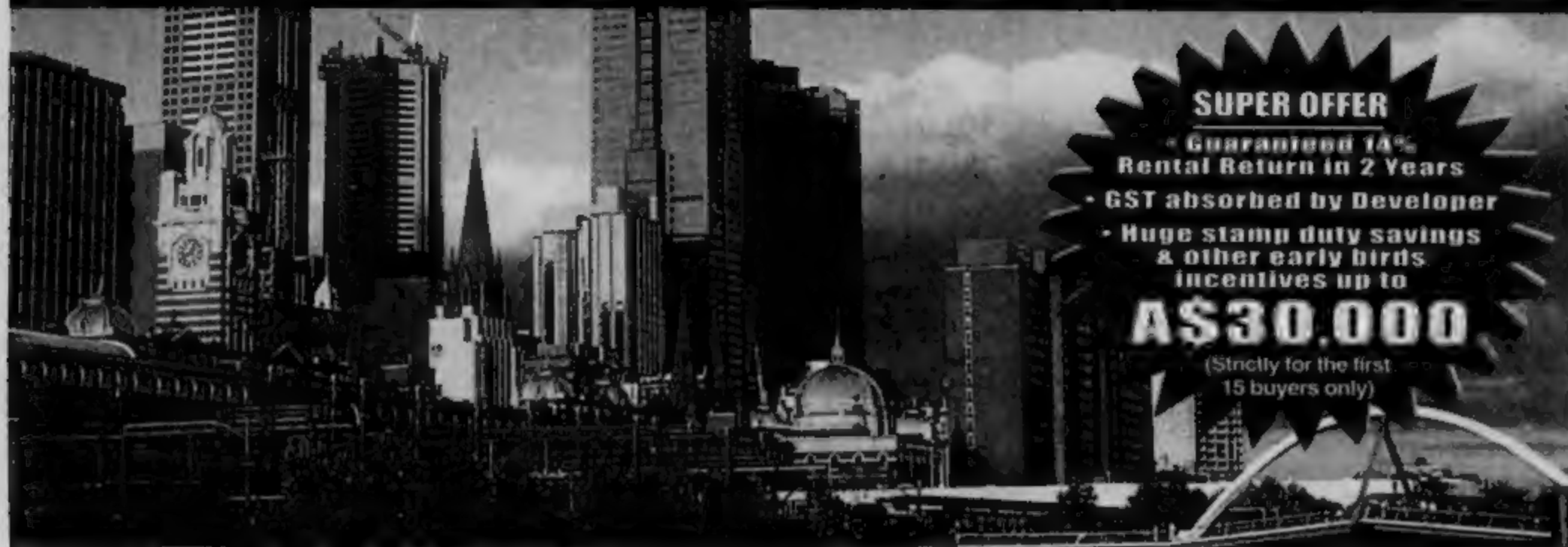
Mr Lim also stressed that in an ageing society, Singaporeans needed to take good care of themselves.

This was because as one got older, the body became less able, he said.

For example, the 1998 National Health Survey showed that one in 10 of those aged 40 to 49 years had diabetes.

But the proportion among the 60 to 69 years age group was even higher — one in three were affected.

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## Painless and needle-free acupuncture

Electronic magnetic radiation is used in treatment

By LEONG WENG KAM

A RUSSIAN doctor and an Armenian radar scientist have come up with a painless way to perform Chinese acupuncture — without using needles.

Instead, the patient is treated using a machine which produces electronic magnetic radiation.

Dr Mikhail Tepstone, from Russia, and Dr Roman Avagyan, from Armenia, call the technique Extremely High Frequency Puncture. It integrates traditional Chinese medicine (TCM) with modern Western science.

Magnetic radio waves from a power generator transmitted by a transducer send qi — or energy — to the acupoints of a patient, without contact with his or her body.

Said Dr Tepstone, 42: "The effect is the same as poking a needle through the skin of the patient."

He presented the new acupuncture method yesterday at the start of the two-day Fifth International Con-

gress of TCM and Acupuncture at the Hilton Hotel.

Dr Avagyan, 55, told The Sunday Times that both he and Dr Tepstone started developing the technique more than 10 years ago.

The latest model of the machine, called the Artsakh device, was developed only two months ago in Britain, where both of them work.

"We are ready to market the technology in a big way now," said Dr Tepstone, who brought a set here to demonstrate.

Costing between US\$2,000 (\$\$3,400) and US\$3,000 each, he said the machine is widely used in Russia and several Eastern European states. It has just been introduced to Britain and Germany, he added.

Dr Avagyan said they are looking for Singapore partners to manufacture the machine and market it to China and other parts of Asia.

The executive chairman of the congress, Chinese physician and acupuncturist T. T. Ang, said the electronic magnetic radiation method of acupuncture would be good for those who are afraid of needles and pain.

More than 150 people from over 30 countries are attending the congress, which is organised by the Chinese Nature-cure Institute which promotes TCM, acupuncture, *taigi* and *qi-gong* exercises in Singapore.

194 HOUSE RENOVATION/DECOR

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